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## Mail staff fear for their safety

By **RACHEL HENRY**

Some employees at Fairview Park Mall in Kitchener are reporting tension after a string of suspicious happenings involving young women.

Over the last few weeks there have been several reports of employees of either men harassing female employees. These incidents have included phone calls and visits to the individuals place of work.

According to the Ontario Department of Justice, the circumstances fall under the category of criminal harassment, which includes stalking.

"Criminal harassment consists of repeated conduct that is carried out over a period of time and that causes victims reasonably fear for their safety but does not necessarily result in physical injury," the Ontario Department of Justice website said. "It may be a precursor to subsequent violent acts."

Danika Smyth, who asked that her place of employment not be named due to fear for her safety, was talking a female friend on Jan. 4 when she was approached by a young man.

"I was thinking my reaction by the store and he came out and made some comment about how light it was out," Smyth said. "I just laughed and he introduced himself."

He asked if I had a pen, and paper so I could give him my number. I said no, and he said he wanted to talk me around Alberta and kept giving his phone number for a pen.

Smyth said she began to feel uncomfortable so she told the man she had to get back to work and on a number of occasions he has come by her home before making inside.

When she returned to her room, Smyth told her manager what transpired. Smyth and her manager offered to call security but she brushed it off. Not 10 minutes later, while she was preparing a customer for an art project, the man came entered the store and approached Smyth again.

Marissa Sheehan, Smyth's manager, said she asked the man to leave four times before calling security.

"I called security, who came and asked him to leave at least three times," Sheehan said. "He completely ignored them too, and had to be escorted out. But only was making Danika feel nervous. It's understandable, but all the customers in the store know something is going on."

Sheehan said that the man is known from their store, he is still permitted to enter the mall. But Smyth and Sheehan have since con-



PHOTO BY RACHEL HENRY

cluded and said they avoided contact out of fear of repeating the incident. Smyth said she and her co-workers are in the early 40s and mid 30s.

Fairview Park, currently, though unable to release specific information at this time,

confirmed that there have been several reports of similar events.

"Unfortunately it's a day-to-day occurrence and we can't release information as to whether or not it's the same individual prowling the mall,"

said a security officer, who cannot be named due to the ongoing investigation.

Attempts to reach Doug Macdonald, security and life safety manager at Fairview Park Mall, went unsuccessful. (See **WARRIORS**, Page 3)

## Summer job opportunities springing up on Internet

By **JOHN WARRIORS**

For students looking for full-time work this summer, the Internet is the spring board to opportunity.

Companies are using Facebook, Twitter and LinkedIn as an recruitment tools for summer jobs, said Christine Welch, an employer relations consultant at Conquesta College.

Welch said it works both ways and that students should start creating an online profile.

"LinkedIn is a powerful way for you to start research on a company. You can start looking at profiles of the people that work there," she said.

Highlight social media and an online portfolio and resume are the trends of the future for

employment, said Welch.

"Make sure that you are ahead of the curve or on trend when these things to your advantage. When someone Google you, make sure you know what comes up," she said.

This online leverage may be necessary this year for students at the recent layoffs at Newsouth in Milton, Colonial Oakley and Schomberg will likely result in hundreds of lost student jobs.

Colleenne Davis, a third-year accounting student, worked at Schomberg for her summer job for the last three years and may now have to look elsewhere for employment.

"Because there's slowing they're slowly reducing the work in the plant. There's

also less full-time taking vacation so they need fewer students," said Davis.

An son in Schomberg, the Schomberg manufacturing plant will be shut down in 2010 and work shifted to a new location in Hamilton. As more and more manufacturing jobs are lost locally, students will have to look for more skilled work in their educational fields.

Many of these skilled jobs can be found online, on websites such as Conquesta's MyCareer, which posts full-time, part-time and summer employment.

"I think we need to get more traffic on that site," said Welch.

Many other local employment opportunities will be posted during the winter and spring

months, through services such as the Student Job Service offered by Lutherwood in K.W. and the City of Kitchener.

"The city employs about 500 summer workers, many students, for jobs that range from park clean-up to emergency to summer camp leader to skateboard park worker," said Angie Fritz, the co-ordinator of Summer Employment for the city.

A government subsidized employment program is also available from the Government of Ontario called the Summer Employment Opportunity (SEEO) team. There are full-time, temporary positions that offer a range of working environments which include offices, outdoors and unique locations such as laboratories and tree

of information centers.

"The Summer Employment Opportunities program provides an excellent opportunity for post-secondary as well as high school students to work and gain experience in a related field of study while learning about the Ontario Public Service," and a representative from the SEEO team.

No matter which jobs are desired are applying for the golden rule is "apply early" and "apply often." In a competitive job market where qualified talent is not in demand, students should be looking for their competitive edge in the skilled market.

"Time is key, be prepared and get organized early. Good luck in hard work meeting opportunity. Start planning those work now," said Welch.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

**Who is your favourite  
Seinfeld character and why?**



"Kramer, because he's got  
happy hair."

**Brian BRY,**  
first-year  
business/marketing



**Michael Pringle,**  
first-year  
business/marketing



"Kramer, because of his  
scientific ways."

**Enrique Mahala,**  
second-year  
politics/marketing



"Jerry 'I'm always that kid  
standing'."

**Andrew  
Bourgeois,**  
fourth-year  
social/science



"Kramer. I grew to love him.  
He's a really funny  
character."

**Wesley Reed,**  
first-year  
politics/marketing



"Kramer. I like that he  
bored through the door and  
ruled the room."

**Stephan Palmer,**  
third-year  
business/marketing



Send Conestoga, you might be our next respondent!

## CSI decides to change board of directors' duties

By **STEWART WILSON**

Sometimes change is inevitable and sometimes it is the result of a spontaneous decision.

During the Conestoga board meeting on Jan. 15, an annual discussion on change within the company took, and the focus was on changes for both the health and dental plan and a thought-provoking evening.

The immediate change to the governance structure requires the presentation of a separate board for the directors who will then have no connection to the operations of the corporation. This means that they will attend only the quarterly meetings, the strategic planning meeting, annual general meeting and anything else that requires a formal representation and an agent authority.

The new set of board of directors will start in May.

Before the change, directors maintained office hours and did daily tasks such as creating contracts, creating new policies and interacting with students. In order to compensate for losing their help, in operations CSI is considering hiring one or two full-time persons starting in the summer, and part-time students throughout the school year. Duties and responsibilities have not been determined.

CSI president, Chris Lyons, said that they agreed, they will offer students two different leadership opportunities (or internships). The first opportunity would be for students who want to learn to be on a board how to manage a company and to make long decisions. The second opportunity would be for students who want to learn the behind-the-scenes of a company and operations.

If having more staff is approved, CSI will consider hiring internally first for the summer interns to make a list for the present board members. However, if no one is interested from the board, they will open the applications up to the student body and Lyons.

The pros and cons of the proposal were debated for more than five minutes.

Tynda Thompson, director of external relations, said, "The pros are that more students are going to have more opportunities. Don't get me wrong, that's fantastic, I just don't like the fact that there is such a huge difference between all the different aspects of the corporation now."

However, Lyons and I take the right people in general manager and president to create a relationship with the board of directors that is not disconnected and has depth that the corporation has the right individuals for those positions in the moment.

In other business, the board would make the decision on a monthly decision in health claims and a financial decision in dental claims. This could potentially decrease the cost of the program when they meet the cost for next term.

David McLaughlin, a representative from Conestoga's insurance brokers, Callahan & Associates, said the change was heading down well. However, as we know what will happen with claims because it becomes dependent on student needs. He said there was one concern that could have contributed to the decision of 20 per cent in the health claims.

"Two years ago, most of the population of the school was second career students and for many of them, the cost for the health plan was high or their students who are just coming out of post-secondary school," he said.

The second factor, which started in September, was all prescription drugs that can be claimed must fall under the insurance plan.

Forwards, McLaughlin said, "The Ontario Formulary is a list of prescriptions that are covered under the plan including medications, which CSI added to the list."

"The one potentially being down the costs in claims, such as there can potentially bring down the cost of the program."

## Networking event helps small businesses

By **STEWART WILSON**

The Canadian Networkers held the first event in Richmond Hill on Jan. 25 at 110 Mainville Dr. in Richmond.

The Canadian Networkers event has been running for more than three years in other cities, allowing small businesses to showcase their products and services.

"You pay a small fee for your table, which gives you the privilege to advertise your company free of charge for three months on TVNOR," said Janet Brundell, current vice leader at The Canadian Networkers.

Apart from meeting other individuals with small businesses, you have the opportunity to listen and take advice from guest speakers, such as Sandy Wallace, a board member.

"I'm talking about branding in a nutshell, how differentiating your company is part-

ment to good business because it makes you stand out."

"Whether you're a plumber or a hair salon, branding is all part of it," he said. "I will also be speaking about perception being more important than reality and the fact that how you are perceived in the marketplace is more important than how you actually are."

Wallace hosted 150 small businesses at the event, which gave attendees 30 seconds to showcase who they are and what their company does.

Small business owners who attend don't also go in with the sole purpose of selling their products, some do it for other social reasons.

"I try to make as many of these events as possible," said Karen Mages, a Windsor independent distributor. Wallace is a company that sells protein metabolism and vitamins supplements.

Even if I don't sell any-

thing, I always meet wonderful people and you never know when you'll need a contact if you ever decide to take a different path."

Ultimate Networking is also a learning experience for many businesses that are just taking off.

The Canadian Networkers is an online resource centre for entrepreneurs to connect and share experiences, according to the website. It is a place for sales, products and services.

"The only thing about every thing I don't know about networking on these events will help to answer the questions I have," said Patti Arfken, founder of pastures, a website that promotes small businesses in the area.

There will be four more networking events held this year although dates have not yet been decided upon. For more information, visit [www.TVNO.ca](http://www.TVNO.ca) and click on Richman-Woodbine.

# Turn your diploma into a degree

By DEBRAH RIVER

If you're looking to get a degree, don't think your diploma years were a waste.

A university workshop is on hold in the visitors of the Dean's campus on Jan. 23 to inform students about options for their futures.

Knowing which universities will honor your credits could be one more time and money.

At the workshop, conversations from across Canada and the United States set up booths where students could obtain brochures and sheets as well as fee lists, timelines, stress lists and other items.

Students learned there are many schools that will take your credits and transfer them easily and almost equal, in as long as you have good marks and are applying for a similar program.

"What I'd recommend is students who have a two or three year program/diploma should look for a university who will accept your credits or that they don't have to start over again," said Christopher Blain, director of

transfer articulation at Thompson University in Michigan. "There are many reputable universities that will work with students."

Schools in Canada usually do not match credit for credit, however, some do get close.

"Agnes is one of the most generous in the country; one year equals 10 credits," said Paul Queneau, admission officer at the university.

For students who are looking to leave the country for school, your credits will most likely transfer straight over.

"United States credits being in your full diploma," said Daniel Toland, dean of students at Northwood University in Michigan. "They're always worked with transfer students, but it's more in Canadian schools. We also have a transfer scholarship that you automatically receive depending on your grades."

Undergraduate are good at recommending college students who have already completed college courses, so within your first year, do your research before switching schools.



PHOTO BY DEBRAH RIVER

Paul Queneau, admission officer at Agnes University, stands at the university's booth, providing information to Cambridge students who were interested in getting a degree Jan. 23.

## IT'S NOT OUR BODIES THAT NEED CHANGING; IT'S OUR ATTITUDES!!

Eating Disorders, including anorexia and bulimia, are serious illnesses that kill more women, ages 15-24 than all other causes combined.

Increasingly more men are also being affected.

## EATING DISORDER AWARENESS WEEK FEBRUARY 5 – 11th, 2012



See displays Monday to Wednesday @ Door #4

If you think that you may have an eating disorder or are concerned about a friend, go to COUNSELLING SERVICES (1A101) or HEALTH SERVICES (1A102).

## Employees harassed

Continued from Page 1

Farmer's Mall stores have since adopted new and less lax procedures to ensure the safety of their employees, such as always working in pairs and not giving out personal information to customers. Security will also escort employees to their vehicles as needed.

Heather Weimer, another Farmer's Park Mall employee, said her store was receiving anonymous phone calls asking for the personal information of women working on the video floor.

"They would call and ask, 'What's the girl's name that's wearing the pink shirt?'" Weimer said. "We've had a couple of staff meetings addressing the situation since then, and we're not allowed to give out names of anyone that works here, over the phone or in person."

In 2009, State Can reported an increase in cases of criminal harassment, while there was a reported decrease in injuries, serious assaults and robbery.

Though many of the law enforcement would have wanted all of the men had gotten her personal information, Smith was disturbed by the events.

"It's not be able to be alone at the mall at night any more," Smith said. "It creeps me out."



PHOTO BY DEBRAH RIVER

Dorothy Smyth, 35, works hard at Farmer's Park Mall getting things done. Smyth said she is uncomfortable working alone following an incident with an elderly man on Jan. 4.

Smith, an individual, became uncomfortable with the harassment and actions of another individual with a tool, considering her the threat safety. Waterloo Regional Police ask you to call 519-453-7770 to make a report, or if within the mall, contact security. If there is an immediate risk to anyone's safety, call 9-1-1.



# CAA has great winter driving tips

The winter wonderland Canada is known for hit its Jan. 22, and a few-one pickup just by double as a reminder that along with the snow comes a whole new set of driving conditions.

With many students being relatively new to driving — some having their first winter on the roads — it's important to know exactly what "you need" means when it comes to winter driving.



**Alysha Miller**  
*Opinion*

information including winter driving tips, common sense, tips to keep in a vehicle, things drivers can do to increase safety before leaving for their drive and more.

The most important aspect to driving safely during winter is common sense, which though often obvious, is also often overlooked. Things such as making up queues, not only to have extra time to get from point A to point B, but to accept the snow and go from our windows before leaving, are important.

It's also important to keep extra windshield washer fluid and hand sanitizer on your vehicle in the vehicle. Anything from a dirty to a broken windshield could

strike at a moment's notice, and it's best to not be caught in the cold with not even a blanket. (Being a commuting college student, the blanket or sleeping bag can come in handy at parties as well.)

Another thing to mention is the beauty of a membership with CAA. Remember a little used instead of an Xmas for Christmas might disappoint some, but that little CAA card is reason to celebrate in my family. My sister has had to call them three times in a single day to retrieve her car keys after locking them inside her vehicle.

We all must remember that the term "winter wonderland" is used to describe the scenes because the conditions become a whole new world, completely with its set of dangers. With such a high number of commuters coming to campus every day, students need to remember that in order to get not only their school, but everybody else, to class safely.

# Slow down when driving

Winter has arrived and so have the bad drivers.

It happens every winter. You think the majority of drivers on the road are bad until the first heavy snowfall, and then their driving gets even worse.

Honestly it is as if they have forgotten everything they learned when they received their licenses and you start to wonder why they were ever allowed on the road in the first place.

I don't know if any of you have noticed, but we live in Canada, it snows. Most drivers act as if they've never seen the white, fluffy stuff before.

There are the people who drive unconsciously confident by going a maximum of 30 km/h on a designated 50 km zone.

Then there are the people who completely disregard the weather conditions and drive like mad men spinning through the streets and ending up in a ditch.



**Alexandra Dear**  
*Opinion*

The Ministry of Transportation's website were able give us a, states that there are three things you need to know about driving in winter. Stay alert, slow down and stay in control.

There are good, sensible rules to remember when driving in winter, the problem is people should keep these in mind when driving your car.

Raking, using a cellphone and driving while sleepy are just a few of drivers' risky behaviours.

I don't expect all of you to be perfect drivers like me. I'm simply saying not your fault when you buckle your belt.

**The most important aspect to driving safely during winter is common sense**

Thankfully, the Canadian Automobile Association (CAA) provides a guide to help people out.

These website were made on [www.caa.ca/driversite/multi-transportation-drivingguide-tips.jsp](http://www.caa.ca/driversite/multi-transportation-drivingguide-tips.jsp), provides lots of

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# Classical guitarist's sound plucks at the heartstrings



Emma Bush, artistic director of the Gabor Hamilton series, plays the song Canada at the Cambridge Library on Jan. 26.

## BY LAKE BARNES

For one hour Emma Bush played her guitar in a way that would soothe even the hottest of tempers.

The documentary for Bush was held at the Cambridge Library on Jan. 26. A classical Canadian program, Bush was invited to perform as part of the library's ongoing series that is held in the fall, winter and spring.

From January to May an acoustic art held at the venue.

"I think it's fabulous, it's a way to engage the City of Cambridge, to serve the community to listen to music," said Emma Murray-Hopk, the cultural programs and events planner for the Cambridge Library.

The concert was free to attend.

Bush played several songs on her guitar, including Canada, a piece she had some trouble with in the past due to its complexity, but loves to

play. Canada is rather long, lasting over seven minutes, and demands skills in volume along with changing tempo.

The last song in her program was one of her favorites that comes from South America. She has tried to learn it all the program before but she can't because she cannot sit so much.

**I think it's fabulous.**

**It's a way to engage the City of Cambridge, to invite the community to listen to music.**

**— Emma Bush**

"I enjoy performing it as my chosen career and I've always enjoyed about playing it a new piece," said Bush who plays the artistic director of the Gabor Hamilton series, an organization that celebrates the rich legacy and com-

peting versatility of the classical guitar, when asked why she is playing at the library.

Bush has performed in the United States and all over Europe but finds it hard to find places to play in Canada.

She first started playing instruments at the young age when she moved up for a string and piano class at her school. "I love the sound of the cello and also I had the idea to have a banding sound I enjoy," Bush said when asked what her favorite instrument was.

She gave up playing other instruments and started to focus on classical guitar because it's tough to learn and she chose to pursue the study of guitar.

For more information on Gabor Hamilton check out [www.gaborhamilton.com](http://www.gaborhamilton.com).

For more information on Bush go to Emma Bush and for more information on concert work visit [www.cambridgeconcerts.ca](http://www.cambridgeconcerts.ca).

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?



9 in 10 Canadians are at risk for heart disease and stroke.

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The way I learn may not be the same way you learn.

I appreciate that our group encourages each of us to contribute in our own way.

Thank You for Being the Difference

**C** CONESTOGA  
COMMUNITY COLLEGE

# A mom to many

Cambridge woman has hosted more than 100 foster children



Sandy and Heidi Falkner display some of the art made in the art room in their basement, reserved for their foster gifts to provide creative expression and occasionally vent

By ELAINE BEN MOON

**G**rowing up, she wanted to learn foreign languages. Sharing her home with over 100 children over the last 14 years, she's come close.

Coiled up on a couch in her south Cambridge home, Sandy Falkner, an outgoing woman with light brown, graying hair as a loose ponytail, says her passion for helping kids led her to fostering. It's a passion she's shared with her husband Heidi, her son and their two Australian shepherds.

A single mom when she began her own real estate, she recalls when Heidi asked her how many kids she had and she replied, "One sometimes two, possibly three."

With a day job as a physician's secretary, she can't find the double responsibility too much. "At the office I was around all these sickening patients, and then I came home to sick children." Rather than giving some of her kids up ("How could I decide which one to send away?"), Sandy quit her job. She now works from home writing transcripts for the court reporter.

When she tells people she's a foster parent to teen girls, she often gets one of two reactions: "Oh, that's so good!" or "Are you crazy?"

Having an average of four to five teen girls in the house at any one time, Sandy admits there's often a lot of "noise." Fostering is a source of income, as important, she notes. Many of the girls start out angry and "It's important you don't take it personal." She notes in "Hope for the best, prepare for the worst."

"There's a stigma attached,"

Sandy says, to kids and youth who are in foster care — that it's because they've done something wrong, and "That's never the case." Often with teens, she said, it's a parent-child conflict that causes the separation.

It wasn't just the kids there, either that took getting used to. Each girl came with an "army" of people: their child service worker, their own doctors and dentists and for many, their own lawyer.

The agency provided her with a resource mother as a mentor, and several agencies such as clothes and school bags. Sandy still maintains training (she receives it twice periodically as an incentive to keep learning). She and Heidi also enjoy a yearly foster parent appreciation dinner, which includes "enter basement and a free meal."

■

**The fun thing about fostering teens is you develop relationships.**

— Sandy Falkner

■

Two of Sandy's current charges are "Sam" and "Melissa," in a "Horseman's" house in a short phase her nickname), she blond with braces and a soft, childlike voice and personality despite the fact she's 17. She serves as Sandy's house at 13, and the nickname, given to her by Heidi, is "Sam."

When asked what makes a good foster parent, Sandy says, "You gotta have the feeling you can trust them," then adds, "They want kids you

and if you're having a bad day."

"She calls me Heidi's friend," Sandy says. "Melissa calls me Heidi's mom."

Melissa, in contrast, is tall, leggy and sexy — but doesn't show an ounce of the bad attitude she came in. Sandy's house with "I was crazy" she says. "I was always angry." She's nicknamed "Horseman's" because, according to Sandy, "You can tell where she's been."

She says while some girls eventually return home preparing them for a future life on their own is something she makes a priority. She helps the girls make appointments, grocery shop, and do laundry. Everyone has chores. If somebody skips school without permission, Sandy grounds them and "takes the TV," Heidi adds who is an A student.

Sandy also makes time for one-on-one conversations with each girl, often in the form of shopping or coffee. Heidi is an author, and "he does the fun stuff," she says with a chuckle.

Sandy's had to learn to use social media to keep in contact with her web-savvy girls. "I had to learn a new language," she says, referring to text-messaging. She gives to keep the girls' social media on no longer keep up with the learning.

A lot of people balk at the idea of being longer parents for the fear of the effect it will have on their own kids. "My son is the better for it," Sandy insists. He learned about the dark side of life at an early age but it was a "hardly lasting experience." She can console some of the girls' parents and, according to her, Sandy's bond from her girlfriend, he's grown into a "sensitive and kind" young

man.

"The fun thing about fostering teens," Sandy says, "is you develop relationships." She first foster child, now 14, has three kids and still keeps in contact, calling Sandy her "Young Mom."

Sandy once made a point for Sandy about "home number three" (the Falkners have her third foster home). Heidi pictures a line, bringing a hearting smile to Sandy's face. "If you're looking for the house to be, it's home number three."

For more than 100 kids, Sandy's home has been the eye in the storm of their young lives. The house to be, indeed.

## FOSTERING FACTS YOU DIDN'T KNOW

- Approximately 350 foster families are active in Waterloo Region, but Family and Children's Services is always recruiting new ones.
- Gay and lesbian parents are welcome, as well as families from diverse cultures and religions. According to Sandy Falkner, many Millennials in Elgin foster babies.
- Even college and university students can make good foster parents, especially when the student and child are striving toward similar career goals.

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WITH  
DONATION  
TO FOOD  
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# The Thin Red Line

## Smokers move closer to Conestoga doors as chill sets in

By MICHAEL JONES

With winter finally here to stay, it seems students lighting up a cigarette near Conestoga's entrances are enjoying closer and closer to the door.

It is legal to smoke cigarettes, and although every Canadian is entitled to do so they cannot violate the terms of the law.

However, where is the line of personal freedom drawn? Is it not rather that someone who chooses not to smoke cigarettes has to tolerate the second-hand smoke from someone who chooses to light up just a doorway?

"I personally think it's disgusting," said Justin Huzaruk, a second-year integrated telecommunications and computer technologies student at the college. A smoker himself, he is not appalled when he has to pass through another person's smoke when he enters the school.

"I'm slightly a personable... cigarette smoke smells disgusting, even though I smoke," said Vanessa "Whisper" Smith, a fourth-year student at the college. "The Smoker's Line" Ontario Act states that "no person shall smoke or hold lighted tobacco in a school." This includes but is not limited to any common areas. The legislation mainly covers outdoor public places in schools, including hallways, entrances and exitways, buildings, however, it includes the entrances of colleges and universities as well. Signs depicting the prohibition of smoking in

public areas are required by law and it is the responsibility of the proprietor to ensure that people smoking cigarettes are not in violation of the law. The sign is intended to ensure that anyone who enters the college and university is aware of the law. The sign is intended to ensure that anyone who enters the college and university is aware of the law. The sign is intended to ensure that anyone who enters the college and university is aware of the law.

"The same is true when we get a cold and cough, by the time we get there the person is gone," said Huzaruk. Students often stay out for a quick day before classes in during breaks and are quick to leave during the cold months of winter, so security often is not able to approach the individual.

"We ask people who notice others smoking around the door to politely and respectfully ask them to move back out into the lot," said Huzaruk.

The smoke at Conestoga College Safety and Security Department is passed for all to see in their office as the doors are open and smoke, "person, smoke and smoke."

Signage and a strict no fire rule where people can not smoke inside any entrance of the college, but the rule also is being done in "person" people from smoking places in the entrance of the college and university. If an individual from security is walking outside and spots a smoker close to an entrance, he or she is asked to move.

However, it is not something that is strictly enforced. Security officials do not want to "be up there," according to Huzaruk.

Though officials are aware of the law, they are not obligated to enforce it. The law is not a requirement for the college to enforce it. The law is not a requirement for the college to enforce it. The law is not a requirement for the college to enforce it. The law is not a requirement for the college to enforce it.

It is enough to say, "No smoking here." According to Huzaruk, the law is not a requirement for the college to enforce it.

"The red line is not far enough from the doorway," said Huzaruk. As a health sciences graduate who is now training to be a pharmacist, he is not allergic to the college's smoking. He is not allergic to the college's smoking. He is not allergic to the college's smoking.

"It is a compromise," he said. "But because they want to get their health at risk by smoking, I mean they should just everyone else's risk."

Currently there is no red line indicating a no-smoking area at any of the five doors. However, as soon as the ground is dry and water is over they will be painted.



## Canadian alleys have to be innovative

By GUY LAWAN

In 1909, Canadian inventor Thomas Ryan invented five-pin bowling.

Today the Canadian sport is trying to regain its popularity with new upgrades being added to bowling centres across the tri-ville.

Companies are finding it hard to bring new customers in with just bowling.

Bowls have tried to maintain their edge better by switching to cheaper bowling lanes. The usual traditional high-maintenance wood lanes have now been turned into synthetic lanes, which provides a much cheaper alternative to real wood.

Many centres now also aim for better quality customer satisfaction and sales from food and services, just like Delta, owner of Dickson Bowl.

"We've tried to provide our customers with more than just bowling, by adding entertainment facilities and providing our 'family zone' and Delta. We've had success bringing new customers in so we've been changing our business."

Changing the contents of

bowling alleys has been the trend for years.

For example, Palomar, a 10-pin alley in London, Ont., was just a simple bar until it added billiards, a ping-pong centre and bowling alleys.

"Palomar has been around for at least 15 years, but has been adapting to what is seen by the public as a good time," said bar manager Lindsay Peterson.

Another alley in Cambridge, known as Alford, has installed glow in the dark mini-golf on four lanes to keep up with the times, said owner Neil Finkbein.

"Over the last 30 years, Alford has been under constant renovation. Bowling alleys have to learn to diversify and do what we did. The change was made two years ago," he said.

"It's improved our business during the winter, so it was a good move on our part."

For five-pin, each player receives three attempts to knock all five pins over. Knocking all five pins down with the first ball is a strike, worth 10 points. The bowler takes a smaller, head-stud ball that is never to be held and throw them 10-pin bowl-

ing balls.

However, since there are less pins, more accuracy is required.

And if you have horrible aim, there are always bumpers you can put up to stop you from getting a gutter ball.

Five-pin bowling has been around for over 100 years, and the businesses hope it will last for 100 more.

### WHAT YOU NEED TO KNOW

The following are some interesting bowling facts and stats:

- A foul line violation is two-pin results in a 10-point penalty.
- Five-pin was tried for 4 on OGI's in Canada a 50 percent success.
- The "Master Cup" is 20-pin's major world tournament.
- Five-pin bowling has an international ranking system just like professional tennis.



Photo by Mike Gorman

Local bowling, both 10-pin and five-pin, is available at several of the 10-00s. Above, Brandon Brown practices prior to league play.



A simply new indicates a decline in activity at most bowling alleys.



# HOROSCOPE

Week of Feb. 4, 2012



**Aries**  
March 21 - April 19

Share your feelings with others; they may be able to help you overcome a major obstacle.



**Libra**  
September 23 - October 23

You are facing health concerns this week, maybe that is no good a time to say to start fresh.



**Taurus**  
April 20 - May 20

Don't be afraid to under-take new studies. Success within the same could may have become too much for you.



**Scorpio**  
October 24 - November 21

You will find yourself expressing your emotions more frequently than normal, but when it is happen.



**Gemini**  
May 21 - June 21

You will need to organize your priorities; you have major decisions that need to be made.



**Sagittarius**  
November 22 - December 21

Keep yourself young this week, you will feel particularly loved when you have nothing going on.



**Cancer**  
June 22 - July 22

You will be very idealistic for the time being but do not let the flows of your life go unnoticed.



**Capricorn**  
December 22 - January 19

Leave emotions out of decision making; Success, inspired and unbiased will serve you well.



**Leo**  
July 23 - August 22

Your ability to multi-task will serve you well this week. Just don't take on too many tasks.



**Aquarius**  
January 20 - February 18

Enjoy the company of those you love this week; you need to be surrounded with positive energy.



**Virgo**  
August 23 - September 22

Your sense of responsibility and much to find a goal sure will speak a creative streak in you.



**Pisces**  
February 19 - March 20

Spend your time allowing personal relationships to grow; everyone knows you have helped others with theirs.



Remember Bullwinkle is the resident astrologist who goes into the abyss and now at your back for the last time, warning the universe to unfold before him.

# It's the year of the dragon

By MARILYN S. MORGAN

## Gong Xi Fat Choi!

This New Year's greeting means to wish others good fortune and prosperity, is always heard at Chinese New Year celebrations. One of the most important Chinese holidays that is celebrated everywhere, it features 15 days of feasts, traditional foods and traditions. This year marks the year of the dragon which is considered the luckiest year in the Chinese Zodiac.

On Jan. 28, there was a Chinese New Year Gala held at 3034 Park at Western. It was presented by the Chinese Canadian Cultural Center (CCCCC) and was a celebration with entertainment.

Attendees were able to eat a buffet-style dinner with food sponsors from Blanche Wok, King Wok, House King Restaurant and many more restaurants throughout the city.

In addition to celebrations in the city, some people such as Florence Chow have their own celebration at home. "I have fireworks in my dining room for the Chinese New Year."

According to the website ChineseCalendar.com, the dragon sign represents a charismatic traits such as dominance and ambition. In the legend, there were 12 animals that appeared before Buddha and the dragon represent the times each animal served. The



PHOTO BY MARILYN S. MORGAN

The Chinese Canadian Cultural Center host a Chinese New Year Gala on Jan. 28 and served a buffet-style dinner sponsored by various local restaurants to celebrate the year of the dragon.

order to eat an tiger, rabbit, dragon, snake, horse, ram, monkey, rooster, dog and pig. For more information on Chinese Culture and personal life, visit [www.chinese-calendar.com](http://www.chinese-calendar.com).

The year of the dragon was celebrated at the gala.

Various dances were performed by several groups showcasing different styles in Chinese culture. Students, musicians and the Children's Folk Dance Group entertained the guests in celebration.

The CCCCC is a non-profit charitable organization that offers special services to its members and non members,

including Chinese potpourri, Chinese calligraphy, tea and the show and even balloon decoration. They also support the Chinese community of Vancouver and Windsor with translation services and a Canadian citizenship course.

The CCCCC currently has over 130 members in Western Canada and will continue to grow in the future. For more information on Chinese culture, a family of up to five people can pay \$25 a year to receive discounts to events and other services run by the CCCCC. The membership is \$20 a year for individuals.

For more information, visit [www.cccc.ca](http://www.cccc.ca).

## COUNSELLOR'S CORNER: Eating Disorders

Did you know that one out of every hundred women might become **anorexic**? Estimates of the frequency of **bulimia** vary from five to twenty out of one hundred college-age women. Men can also develop eating disorders.

**Anorexia nervosa** is characterized by an all-consuming fear of "gaining fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Dieting can gradually lead to a loss exceeding 25% of original weight. Serious health issues such as cessation of menstruation, malnutrition and lowered heart rate occur. Some survive themselves to death.

**Bulimia** is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. The extremely debilitating pattern can, in more extreme cases, absorb nearly all of a person's time, energy and money, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

An important first step in overcoming an Eating Disorder is for the individual to acknowledge that a problem exists. Medical and psychological help is available in this community. Talk to a counsellor in Counselling Services or the nurse in the Health Services Office. One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

## EATING DISORDERS AWARENESS WEEK - February 5-14, 2012

Counselling Services is organizing a display table at Doors, Door #4 Monday in Wednesday.

Celebrating our National Week!

A Message from Counselling Services



## SPENDING SOME FREE TIME GAMING BETWEEN CLASSES



PHOTO BY JESSICA MARTIN

The Gamer Club at Bowdoin College invited students to play video games in the Union from Jan. 25-27, enticing "the little gamer in all of us."



PHOTO BY JESSICA MARTIN

Scott Davis, left, a first-year computer programming student, and Ethan Mendez, a first-year IT innovation and design student, were two members of the Gamer Club who enjoyed some down time playing video games.

## STARTING THE DAY WITH A JAVA JOLT



PHOTO BY JESSICA MARTIN

Dave Phillips, a second-year communications student, grabs a coffee before a class on Jan. 27. The cafeteria sells decaf, light, medium and bold coffee.



## SPLISH SPLASH WE'RE HAVIN' AN ICE COLD BATH

PHOTO BY ANDREW WILSON

If light-brown, orange and some red shirts suit to jump into a swimming pool filled with ice cold water. Participants of the 2012 KIR Polar Plunge, held on Jan. 26 at the Waterloo Town Square, displayed all of that and more. Donations went to WorldAbility. The event was held after a race to raise \$200 thousands to further enhance the Waterloo representative of Spring Middle and Valley County. A reporter at the Waterloo Region Record, it was stated that the lower would participate in a polar plunge of the winner's choice. However, they couldn't find any school, and 2012 polar plunges in the region, so Calhoun and Closely decided to hold their own.

# All eyes are on Faksa

BY ANDREW WILSON

The 2012 NHL, central draft rankings have been released and the players listed fourth overall, in third night here in Keweenaw.

Keweenaw forward, Radek Faksa, has impressed scouts across the country as a season where he has been scoring at a point per game pace.

Radek has terrible play, the Czech forward wasn't expected to play in the top of the draft, ranking but he knows what he has to do to continue producing at this level.

"It was a big surprise right away as I'm very happy but it's just that the season — I want to give hard work, always. I've heard because I've lived from here of games and last season I did not have too of

game as it's different now. I hope I have good consistency," he said.

Faksa's season to this point has not gone unnoticed by local coach, Steve Spott.

"I think Radek Faksa's one of the youngest players we've had in the organization for a long time — He's big, he's strong and he plays the game hard," he said.

Spott, said Faksa has a bright future ahead of him.

"He has all the NHL intangibles. He seems extremely hard all the way, he works on the game in practice and after practice, his hockey sense is at a world class level."

"He has the chance to be a great NHL, middle-line center."

Just like any young player, Faksa has a lot to work on to prepare to play at the NHL.

level.  
"He's got to stay in the weight room," Spott said. "He's got to continue to physically develop. He's a tall kid but he still has room to grow on that body. It's a matter of working on your skating like all players do and then obviously putting stronger in the weight room."

Faksa is currently second on the team in scoring, only trailing "teammate" Tobias Riederer in a season where he has tonight goal scoring and a physical element to the team to go along with some much needed experience. Having played at the World

Juniator Championship in Alberta this past December, Faksa now has some familiarity with playing in high-pressure games.

"It was very good experience because I was young and it was in Canada so lots of people — it's a very big experience for me," Faksa said.

## COUNSELLOR'S CORNER: Goal-Setting

Submitted by a student



I used to make New Year's resolutions that generally didn't last past January 20th. It's that fresh feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the New Year begins, we are often excited with our good intentions for positive change, despite past resolution failures.

My experience at a workshop about change helped me to recognize why my New Year's resolutions never worked. I didn't need more motivation, I needed smaller goals, or at least my long-term goals needed to be organized into easily manageable steps. Many of us tend to set goals that may be out of reach ("This semester, I'll get all A's" or "Moving on from a frustrating relationship.") As a result, we feel let down, frustrated, even powerless when the first disappointing grade appears or the frustration continues.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include: attending all classes, with only absences as an exception; staying ahead by doing textbook reading prior to class; and seeking help when necessary from faculty or a peer tutor. The latter are smaller, achievable goals that will almost assuredly lead to higher marks.

Set goals for you that are realistic, achievable and measurable. Failure decreases confidence and motivation. Success builds confidence and motivation. For goal setting or any other assistance, see a counselor in Counseling Services. I do!

A Message from Counseling Services



PHOTO BY ANDREW WILSON

Forward, Radek Faksa, has his sight set on the NHL.



February 1991, star Marcel Dionne and the rest of the Pro Stars prepare for their charity hockey game on Jan. 28 of the AHL.

# Hockey for heart

## NHL alumni spread awareness at tournament fundraiser

By STEVE BROWN

Paul Schauer will never forget what happened on Oct. 1, 2007 because it was the day he almost died.

There was three minutes left in the inaugural game of the ESP CNA Hockey Classic, Schauer, a Williams hockey fanatic, was excited about the upcoming season and playing with his buddies. He passed the puck, took a few strides and then he fell, struck by a heart attack.

"I was lucky that my team mates realized that I was having a heart attack right away and they started CPR," Schauer said.

A quick ambulance grabbed an automated external defibrillator and shocked Schauer's heart, back into rhythm, but he didn't wake up. He was sent to the hospital and doctors had to put him into a coma by pumping his body with ice.

"They talked to my family and said not to get too excited about my recovery," he said. "I had about a five per cent chance of waking up."

But, Schauer did wake up and was a big part of the third annual Hockey for Heart tournament which took place at the Kitchener Memorial Auditorium Nov. 24 and 25. It was a workout filled with strong hockey, a few pop quizzes from the press and awareness of the importance of heart health.

The tournament raised more than \$25,000 for the Heart and Stroke Foundation, surpassing their goal of \$24,000. It also

offered average hockey-loving fans the chance to get a team together and raise money for heart and stroke research.

This year 22 teams took part in the tournament and surpassed last year's fundraising efforts of \$20,000. The top 10 fundraising got the chance to play against more experienced NHL alumni in the Pro Stars game on the Saturday night.

"It's a great opportunity for the participants because the more they fundraising, the better chance they have to play with the pros," said Maple Leafs captain, a Heart and Stroke Foundation employee. "So it's great for them and it's great for us."

Marcel Dionne was the headlining player at the Pro Stars game this year. The Hall of Famer, who played in Toronto, New York and Los Angeles, was certain to be a part of the event.

"Now these tournaments are everywhere across the country," said Dionne. "It's really a great way to do it beyond awareness and raise money by playing hockey and get your heart going."

The 35-year NHL veteran has never been affected by heart issues, but says it could happen to anyone at any time.

"I asked my physician that's why I got to lose 18 pounds," joked Dionne. "But seriously, you're surrounded by it and you never know, you just never know."

Tournament founder, Roger Wren, started the foundation after his father died while suffering a massive heart

attack during a pick-up hockey game at the age of 46. The tournament started in 1999 in the small region of Southern Ont. It wasn't until 1999 when a group of local NHL alumni, led by Pat Conacher, came on board and really started to get the ball rolling.

"As we grew this program and had more cities start up we just tried to get different alumni from all across Ontario involved," said Wren.

Over the past 17 years the

tournament has expanded to 18 cities in 2011 and they have raised nearly \$2 million for heart and stroke research. Heart disease and stroke are two of the three leading causes of death in Canada and 1.4 million Canadians have had heart disease or are living with the effects of stroke.

One of the main improvements that the tournament and Schauer have helped create is the addition of defibrillators at arenas and other places in the community.

The defibrillator that saved Schauer's life was installed just a month before his attack and he was the first person in Waterloo Region to be saved by this medical breakthrough. Four years ago, at the time of his heart attack, there were 62 defibrillators in the region, now there are 154.

"Defibrillators are so important," said Schauer. "The hope of this defibrillator wasn't at Elm Park, that I wouldn't be here today."

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# Condors fall short during indoor tournament

By Jeff Kraybill

On a day that featured lots of snow, Sheridan College made matters worse, meaning everyone except those who went home during the winter blues.

Conestoga College hosted its 16th annual indoor soccer tournament on Jan. 19 which had Conestoga, George Brown, Conestoga-Kawartha, Fanshawe and Centennial all participating. Sheridan College was crowned champion after defeating Fanshawe College 2 to 1 in the finale.

The alumni teams were split up into two divisions, each with one championship. These teams had other, more experienced players who took control in their early games and showed that experience helps. The teams also scored goals, including the second championship over-taking Conestoga in a close game. That state team outscored their strong play but it wasn't enough.

The alumni lost the semi-final match to the eventual champions, the Sheridan Bruins.

Conestoga College was in

touch during their first game of the day, tying George Brown College 0 to 0.

A few hours later, Conestoga hosted Conestoga-Kawartha in the Condors' home game, winning the game 1 to 0.

**We win together, we lose together, and it's my fault just as much as theirs.**

— Aldo Krayer

Things were looking up for the Condors as they went into their third game of the day against an alumni team.

But experience showed and Conestoga lost a deciding match that featured solid goalkeeping and accurate playmaking on the team.

With the loss, Conestoga had to sit and wait in the stands to see if they were going to move on to the next round.

George Brown defeated Conestoga College 1 to 0, eliminating the Condors in the process.

Head coach, Aldo Krayer,

said about his team losing focus during the home team match.

"I am a little disappointed, not because we lost, it was the way we lost. I don't think the team was there."

"At our last tournament in Centennial, the players were playing against better teams and we did better," he said.

According to Krayer, the Condors' defense was the main reason for the team's loss. The defense turned the ball over, especially during the game against the alumni.

The coach called defense the "springboard" in getting more pressure on the opposing team that will eventually lead to better scoring chances.

The coach said the team will continue to train hard and work on different defensive techniques during practice in the weeks to come.

After the team was split, Krayer wasn't willing to lay the blame on any individual player.

"We win together, we lose together, and it's my fault just as much as theirs. I am never going to blame anyone for losing and I am never going to praise too much for winning," he said.



Third-year player, Jordan Taylor, attacks during his team's semifinal game of the day against Conestoga College on Jan. 18.

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For more information or nomination forms, go to <http://www.conestoga.ca/collections/academic/awards/awards/index.jsp> or contact one of the following committee members:

- Audrie Beland x 5566
- Ig Kolomo x 2280
- Mary Carley x 3602
- Rachelle Cooper x 3657
- Steve Kypnis x 3427
- Jeff Fife x 3361

Nominations close on March 15, 2013

## Conestoga box score

Week of Jan. 23 to 30

By Jeff Kraybill

### Men's Volleyball

Jan. 25: Conestoga 1, Fanshawe 3  
Overall record 1-13

### Women's Volleyball

Jan. 19: Conestoga 2, Fanshawe 3  
Overall record 5-5

### Men's Indoor Soccer

Jan. 28: Conestoga 0, George Brown 0  
Conestoga 1, Conestoga 0  
Conestoga 2, Alumni 4

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